



Miranda Medical Centre

Quality health services for the whole family

573 Kingsway
Miranda, NSW 2228

Mon-Fri: 8am-10pm
Sat-Sun: 8am-8pm

Upcoming Health Events:

International Prostate Cancer Awareness Month

01/09/2014

Childhood Cancer Awareness Month

01/09/2014

World Suicide Prevention Day

10/09/2014

R U OK? Day

11/09/2014

World Alzheimer's Day

21/09/2014

Connect with us and join
the conversation on:

- Instagram – Facebook
- LinkedIn – Health Engine



Miranda Medical Centre has been a part of the Sutherland Shire Community for over 25 years, having operated since 1987. The centre has a proud history of providing reputable quality health services.

As a Centre we thought it was about time we released a monthly newsletter. The idea of the newsletter is to provide centre updates, medical stories, entertainment and to connect on a greater level with the local community.

We hope you are as excited about it as we are.



Miranda Cosmetic and Vein Clinic

The Cosmetic and Vein Clinic is now offering free consultations to all patients. The clinic is run by well-respected and highly qualified general practitioner Dr A. Khan. The following treatments are available:

- **Cosmetic Injectables:**
 - Anti-Wrinkle Injectables
 - Dermal Fillers
 - Sweat Reduction
- **Skin Rejuvenation:**
 - Acne Scarring Treatment
 - Treatment of Burns and Scars
 - Skin Peels
- **Vein Treatments:**
 - Sclerotherapy (spider & varicose veins)

The clinic offers extreme value for money and provides proven clinical results. Don't miss out on this opportunity; make sure to book your free consultation today!

FOR MORE INFORMATION ABOUT ANY OF OUR
HEALTH SERVICES

CALL (02) 9540 1044 OR
VISIT US ONLINE AT
WWW.MIRANDAMEDICALCENTRE.COM.AU

UNDER THE SPOTLIGHT

Get to know your health professionals



Kate Brennan –
MMC Psychologist

Kate's passion for helping others began in primary school where she found that friends would naturally gravitate to her to discuss the 'big' problems. Kate's naturally empathic persona, genuine interest in people and ability to clearly communicate led her to study psychology in pursuit of her goal of supporting individuals experiencing Mental Health concerns. Kate has provided expert services to

diverse cultural groups both in Australia and Europe, and across a variety of settings including hospitals, Employee Assistance Programs, and Private Practice. Kate specialises in adult Mental Health and tailors her approach utilising evidence-based methods to assist in the identification, development, and clinical implementation

of treatment programmes according to the changing needs of her patients. Kate's role within her local Community is to deliver her treatment by putting the service user at the center of their own recovery process.

Are you Okay?

Removing the stigma around psychological treatment

Mental illness can impact anyone at any time and it can have a serious effect on simple day-to-day tasks and interactions. It is a terrible illness and as many of you know, one that recently

claimed the life of well-respected actor Robin Williams. Although someone may appear positive and vibrant, inwardly they may be battling with personal struggles and doubts. If this is you, or you know someone in

this boat then please speak to your GP about the health services available. Our aim is to remove the stigma surrounding it and to provide supportive services. You may also want to visit: www.beyondblue.org.au

The Wettest August Ever

WOULD YOU LIKE ICE WITH YOUR WATER?

You may or may not have heard of the 'Ice Bucket Challenge' that has become an internet and worldwide sensation over the last month. The challenge that has flooded social media requires individuals to saturate themselves in freezing ice cold water and then nominate friends to do the same. Once nominated individuals are encouraged to either accept the icy challenge or donate to a charity of their choice.

As outlandish and trivial the challenge may seem it has been incredibly effective in raising money for charity. The ALS Association which raises awareness for Amyotrophic Lateral Sclerosis (a progressive neurodegenerative disease) has been a beneficiary of the craze. The association to date has received a staggering \$80 million in donations, money which will be put to good use in future research.

If you are not a fan of getting drenched in freezing cold water, but would like to donate or even just learn more about this disease then visit: www.alsa.org

More than Just a Common Cold

Research by the Influenza Specialist Group (ISG), has revealed that over 21,000 cases of influenza have been reported so far this year. This is the highest number on record and the season is yet to be over.

The Flu is easily spread from person to person through coughing, sneezing, talking and even touching contaminated surfaces. According to ISG chairman Dr Alan Thompson the best form of protection is vaccination.

The flu vaccine is free for pregnant women, those aged over 65 years and children and adults suffering underlying medical conditions – for more information consult your regular GP.



OUR WORST FLU SEASON YET

1. Nobody
2. Heavenly Display
3. Groom
4. Taken to the cleaners
5. Deprive of right
6. Swedish musical foursome
7. Put in nutshell

Puzzle- 7 Little Words

NE	AB	MA	TL
ITY	DIS	SUM	RIZ
HOS	ER	NO	RAIN
ECED	FLE	NT	BOW
ITLE	ED	ENT	BA

CONSTRUCTION OF THE NEW CHEMIST

We are pleased to announce that in a bit over a month's time the centre will have a pharmacy operating out the front.

Joke of the Month

"I told the doctor I broke my leg in two places. He told me to quit going to those places".

– Henny Youngman

Have any interesting stories or suggestions for next month's edition? Feel free to email them through to: jholden@medical-practice.com.au